



Dr Nirmala Devi along with former Governors G. C. Saxena and Mr B. Satya Narain Reddy (left) and Dr U. C. Rai (right) at a function organised by Unity International Foundation in the Capital on Sunday. — HT photo by H. C. Tiwari

## 'Sahaj Yoga ensures peace'

NEW DELHI April 6 (HTC) "If a person wants to have peace in mind and unity of mankind, practising *sahaj yoga* is the only way out," said Dr Nirmala Devi, founder of the science of *sahaj yoga* and the personality who had spread across its message in various countries of the world. She was speaking at a function organised by Unity International Foundation in the Capital on Sunday. Former Governor G. C. Saxena and Mr B. Satya Narain Reddy graced the occasion.

Dr Nirmala Devi said that the concept of collective consciousness in the people is very important for world peace and this can happen only when self realisation occurs. She also informed about the medical benefits of *sahaj yoga* and its popularity in various countries of the world. *Sahaj Yoga* is all over the world are very much

aware about each others problems and they are capable of doing wonderful things," she said.

Mr R. N. Anil, Secretary General of the Unity International Foundation, New Delhi also announced the conferring of Unity Award for International Understanding to her. This will be presented to her later this year.

Dr Umesh Rai, Director, International Sahaj Yoga Research and Health Centre, New Bombay spoke on the medical benefits of *Sahaj Yoga*, particularly in diseases where modern medicine has no cure. He said that a number of psychosomatic diseases have no cure in modern medicine and a patient has to be put on medicines all the life. *Sahaj Yoga* is very useful in the management of hypertension, epilepsy, insomnia, diabetes, migraine, bronchial asthma along with a host of other related dis-

eases," he said.

Dr Rai said that extensive research and practical experience has shown that psychosomatic diseases are managed much more effectively by the practice of *sahaj yoga*. Commenting on the epilepsy patients, he said that 40 per cent of the patients are not cured by traditional medicines. On the other hand 80 per cent of the patients are cured by the practice of *Sahaj Yoga*. He dwelled in length on its benefits in patients having hypertension and also heart disease.

*Sahaj Yoga* which was rediscovered by Dr Nirmala Devi in 1970 is gradually becoming popular in a number of countries all over the world. For the treatment of the patients an institution has been made operational in Mumbai where treatment is done by cosmic vibrations. Her programme of self realisation is now practiced in 65 countries all over the world.



Contributions: ~ Heather Sattarshetty - Ph: 9560 0029  
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Poem

Written by Shri Mataji Nirmala Devi  
at the age of seven

*"I want to be smaller  
Like a dust particle  
Which moves with the wind  
It goes everywhere,  
can go  
Sit on the head of the King  
or can go  
And Fall at the feet of Someone  
and it can go  
and sit everywhere.  
But I want to be a particle of dust,  
That is fragrant  
That is nourishing.  
That is enlightening."*



## Subject: JOB OPPORTUNITY IN MALAYSIA

Dear Uncle Michael,  
JSM.

We hope to get your assistance to pass the word around to the Australian collective should there be any yogi/yogini who will be interested to work as an Analyst Programmer for us on a short term or maybe long term (negotiable) contract.

We are looking abroad such as to Australia as the people there have better skills than those locally. I will be happy to have a yogi working for us if the opportunity arose.

What we are looking for is a person who has min. 2 years experience in Windows development in Visual Basic/Delphi or C++ language. The person can work for us from his/her home at Australia while communicating with us via the net (with opportunity to travel to M'sia periodically when the need arises) or we can work out arrangements to work in Malaysia itself if the terms are suitable and within our budget. We are a small company with pleasant people and working environment situated in PJ/KL.

We can be contacted by phone :- 603-7584878, fax:- 603-7559664 or email us at sph@pc.jaring.my

Stephen Pang  
CV Soft Sdn. Bhd.

## BURWOOD VIDEO LIBRARY

The Burwood video library will now be open half an hour before the Saturday night programs in addition to the normal half an hour after the end of announcements.

To cover costs of purchasing new video's, and replace the damaged ones, the hiring cost has now been increased to \$2.00 per video. The borrowing time has also been extended from one week to two weeks.

To borrow videos outside this time please see Asha at Burwood. To return videos outside the borrowing time just place them in the box provided outside the video library.

Anyone interested in helping to look after the video library on one Saturday night each month can contact Marcus on 9498 3751.

Thanks

## COOK BOOK

Gilian ( 9419 8075) and Mercy ( 042 851894) are compiling a book of International recipes, as a Fund-raiser to send musicians to Cabella ( via China?) for Ganesha pooja. Please ring either number to convey your favourite secret recipes, or bring them Saturday nights to Burwood ( printed or typed. please) Recipes for soups, dips, curries, cakes etc. If anyone has any recipes of Shri Mataji, they would be most appreciated. Time is short, so please act immediately

☆ Bhajan Group to China...  
to Cabella...

Gillian Patankar has available a deluxe voucher book that can be sold to relatives and friends to raise funds for the Bhajan Group. It is an excellent product, good for every home and ashram. Please see Gillian for details ☆

☆ Sahasrar Day Pooja  
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Sunday 4th May  
2.00 PM. At Burwood (and a reminder that Sarees will be for sale two hours prior to the Pooja).

☆ STOP PRESS

We have 2 suitcases needing to travel 1 to Perth and 1 to Brisbane. Could anyone travelling there please contact Michael Fogarty.

☆ Bhajan group

China - Cabella Caravan  
a fund raiser at Burwood on Friday 2nd May 8.00 PM. \$ 10 only. Film, food, fun. Please come.

☆ Working Bee

Sunday 27th April at Burwood.  
A delicious lunch from a recipe of Shri Mataji's will be served.

☆ To Andrew & Meena Rohowji  
a son!  
7th 7ozs - on 16th April.  
Congradulations & best wishes

## BABY BOOK

Could Parents of all babies born in 1996  
please send photos

to Katherine Bevan  
95, McClintock rd.  
Wamuran 4512.

Please supply with n

1. Name of baby

2. Names of

## SHRI KALKI MATAJI

The door to heaven has been opened!  
As in the Holy scriptures it was mentioned  
through the Narrow Gate, has passed our Attention  
By the Divine Grace of our Mother's Love and compassion.

We desire to be weapons in Her hands.  
And long to be the sparkling light in Her innocent eyes.  
To rise up dutifully to Her rightful expectation.  
So that in us shines shri Ganesha's manifestation.

To throw away our domain and attachment  
To enjoy the bliss of true whole hearted detachment  
To be ready when descends the Golden blazing key.  
Most eagerly-awaited arrival of the awesome Shri Kalki.

AUM TWAMEWA SAKSHAT SHRI KALKI SAKSHAT SHRI  
NIRMALA DEVI NAMO NAMAH.

Lots of love  
From your brother  
Anand (FIJI)